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A WHOLE LOTTA LUTZ

KELLAN TALKS ABOUT SEX AND TRX. PAGES 10, 18

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Wednesday, January 8, 2014 **www.metro.us | t:MetroPhilly | f:MetroPhilly**

Holi-dog season

Uptick. Animal adoptions spike around the holiday season but so do dog and cat returns to the shelter.
Sensitive. One open-admission shelter director said more animals are adopted in the winter because people are influenced by the cold weather.
Winter months. People need to take extra precautions with pets and strays.

PAGE 02

Boris, a male Saint Bernard mix, waits for his furr-ever home at Street Tails Animal Rescue in Northern Liberties. / CHARLES MOSTOLLER, METRO

Films. Meryl Streep felt lousy filming this scene

PAGE 11

Home. Drew Scott offers 'Property' Brotherly advice

PAGE 15

Style. Fashion-forward thinking for the new year

PAGE 16

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NEWS

Top 3

What's trending at Metro.us

1 'VIDEO: Polar vortex causes everyone to conduct science experiments'

2 'Louis C.K. reveals crappy ending to 'American Hustle' ice fishing story'

3 'VIDEO: Teen lip syncs to Queen every day for three years'

Local Tweet

"It is so cold that I think the neighbor's dog just peed a Slurpee."

Don't drink the yellow slushy, @DanJKroll.

More animals find some homes over the holidays

Bow-wow. Pet adoptions in Philadelphia spiked over the holidays, but many animals are still homeless in freezing weather.

When the holidays roll around, some people are more inclined to offer space in their homes to new, furry friends.

Spreading the trend was Jackson Galaxy, host of Animal Planet's "My Cat From Hell," who urged followers on Facebook to celebrate "Catmas" by sharing pictures of newly adopted pets. He received hundreds of replies.

Between Dec. 23 and Jan. 7, the Philadelphia Animal Welfare Society (PAWS) saw 51 cats and 12 dogs adopted, said executive director Melissa Levy.

"We were open on New Year's Day for the first time, and we found a lot of people were putting their applications in," Levy said.

During the cold winter months, people seem to be more sensitive to the plight of homeless animals, said Jim DePaul, executive director of Morris Animal Refuge, an open-admission shelter in Center City founded in 1874.

"We did have a lot of people bringing in strays that had been hanging around outside their house, I did see a little bit of spike in that," DePaul said.

"Two people brought in a pet they saw in the cold and felt bad for. The kitten wasn't even old enough to be adopted yet so we kept it here. And they came back and adopted it," he said.

But not everyone has seen lots of adoptions, and some are more concerned about what they called the typical February wave of pets returned that people can't keep.

"People get a puppy for Christmas and realize they can't keep it," said Devon Kelemen, shelter manager at Street Tails Animal Rescue in Northern Liberties.

Street Tails, where dogs taken from the Philadelphia Animal Care & Control Team (ACCT) are available for adoption, didn't experience a significant spike over the holidays. But they did get a lot more calls about strays in the cold than usual, Kelemen said.

"We've had so many calls about that kind of thing," Kelemen noted. "It's less that people aren't willing to take them in, more that they want someone else to handle it."

Levy said that small pets go quick, but larger pets sometimes take longer to find a home.

"The big dogs, who make absolutely outstanding family members, just are not finding homes lately," she said.

SAM NEWHOUSE
sam.newhouse@metro.us

Quoted

"People get a puppy for Christmas and realize they can't keep it."

Kelemen

Manager Tatum Kendall holds Flash, a 6-year-old miniature Doberman, at Street Tails Animal Rescue in Northern Liberties. / CHARLES MOSTOLLER, METRO

Cold weather rules

Keep your pets inside, except for short walks. Short-coated and small dogs should wear a coat.

- Check paws when returning from a walk; gently wipe to remove salt.
- Dig small holes for dogs to relieve themselves. Do not shovel snow near dogs as they may leap at the snow and strike the shovel.
- Cats like to hide under car hoods during winter; thump the hood a few times to warn cats before starting your car.

Source: Penn Vet's Matthew J. Ryan Hospital

See strays?

Animal Care & Control Team of Philadelphia (ACCT) takes in strays and holds them for adoption. They are the city's primary agency for animal issues. Call 267-385-3800.

- SPCA enforces humane laws if animals are being mistreated. Call 866-601-SPCA.

Benefit. Jobless city dwellers hope for benefit extension

As Pennsylvania's unemployment rate sits at about 7.5 percent, and Philadelphia's rate floats between 9 and 10 percent, a bill working its way through the U.S. Congress has drawn significant attention locally.

The bill, which hurdled one obstacle on Tuesday, would extend benefits after state-funded aid expires after about 26 weeks. The Senate is slated to vote this week.

If approved, jobless residents would see their benefits renewed for somewhere between 14 weeks and 47 weeks. They would receive about $256 per week.

TOMMY ROWAN

Discovery

Woman's remains found in suitcase

An off-duty Shore cop discovered a woman's body stuffed inside a suitcase while he was hunting Sunday afternoon in Egg Harbor Township.

There were tattoos on the woman's right wrist and right foot. Police are investigating. METRO

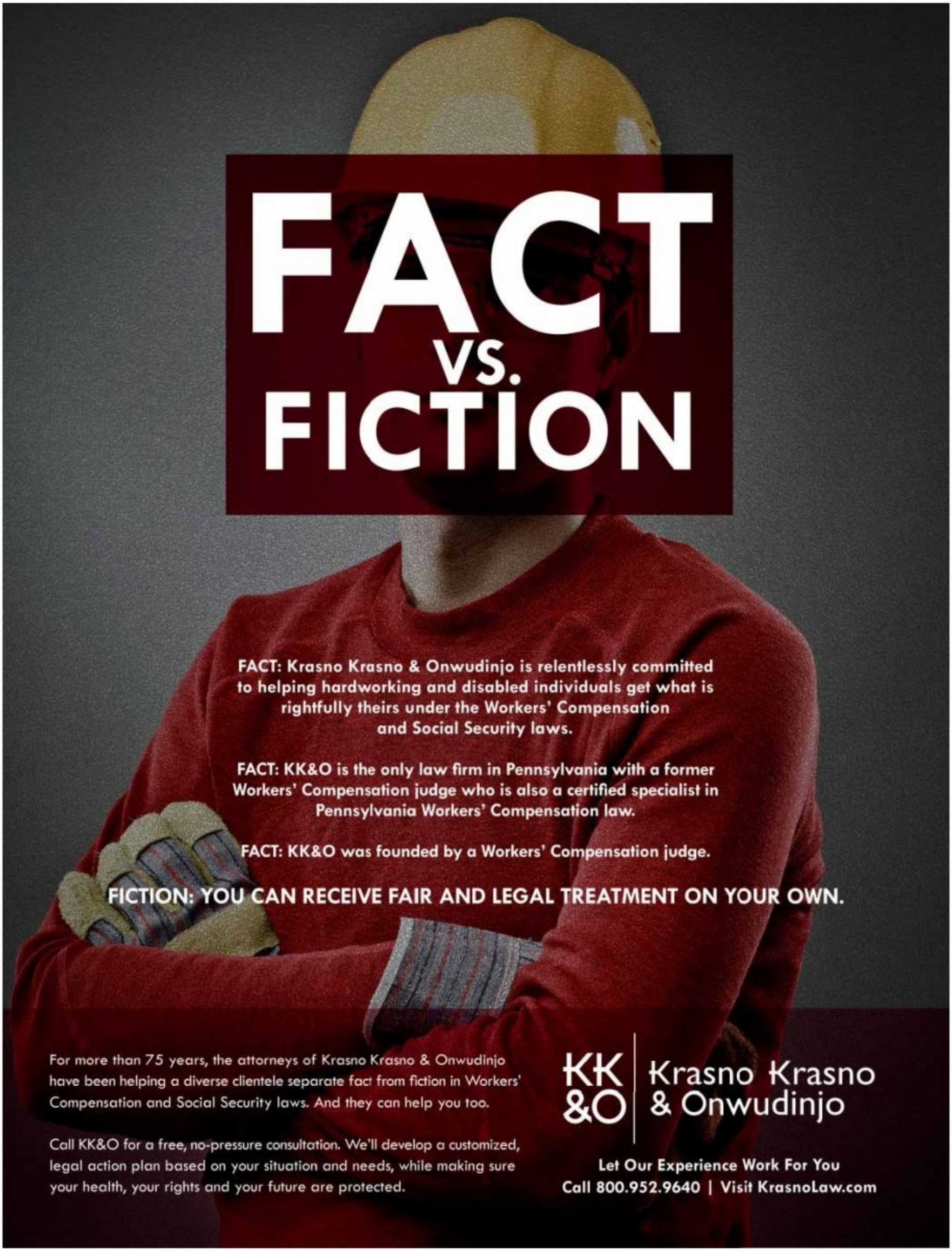
Open-minded

Police adopt new transgender-friendly policy

On Dec. 20, the Philadelphia Police Department made official a new policy for interacting with transgender citizens and suspects, said Lt. John Stanford.

Components of the new policy include asking transgender people what pronouns they prefer and keeping them separate from other inmates. METRO

Gay pride flag / FILE PHOTO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Suicide. Couple killed themselves in state park, officials said

A 23-year-old woman and 32-year-old man committed suicide together in a Delaware state park on Jan. 2, the chief medical examiner announced Tuesday.

An employee of Blackbird State Forest stumbled upon the two bodies sitting inside a silver sedan parked at the forest campground about 1 p.m. on the second day of 2014.

Both were pronounced dead at the campground on the 500 block of Blackbird Forest Road.

The deaths of the man and woman, both from Clayton, Del., were classified as a double suicide Tuesday morning.

Delaware State Police said it will continue to investigate the circumstances surrounding the incident.

No further details, including the names of the deceased, are expected to be released. METRO

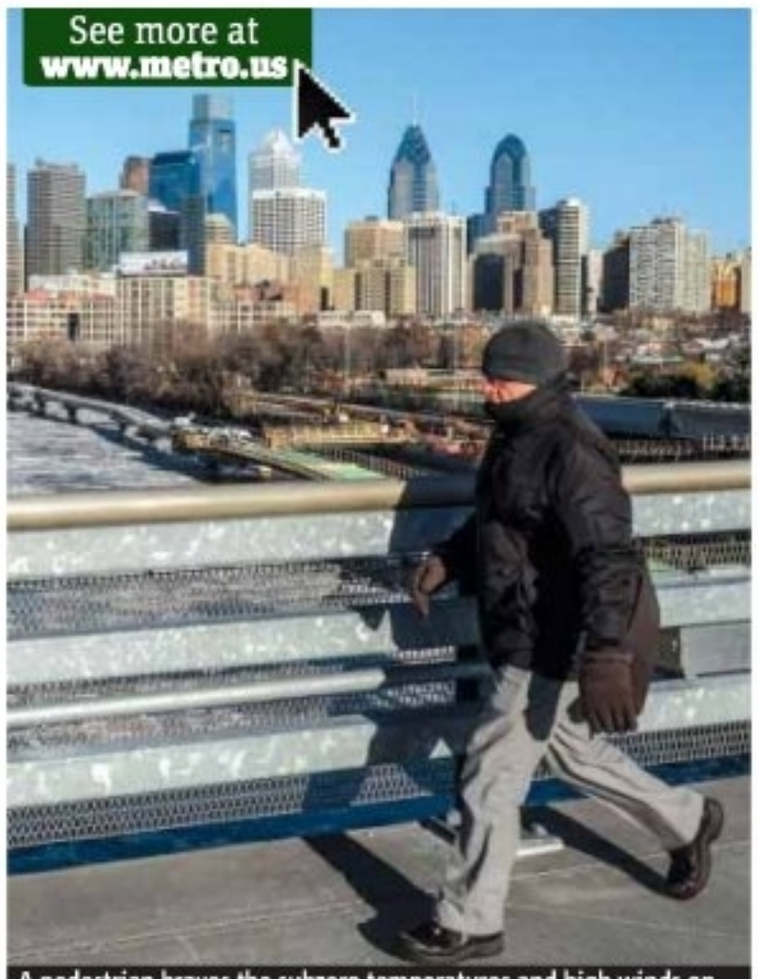
Struck

NJ boy, 6, killed by school bus

A 6-year-old boy was struck and killed by a school bus in Atco, Camden County, about 8:30 a.m. Monday.

The boy, whom officials identified as Edmond Bock IV, a student at Atco Elementary School, walked in front of the bus near his home as it was stopped to pick up children. The bus began to move and struck Bock. METRO

City sees record cold temperatures Tuesday



A pedestrian braves the subzero temperatures and high winds on South Street Bridge on Tuesday. / CHARLES MOSTOLLER, METRO

Cold snap. The low in the city Tuesday morning was 4 degrees, beating a 1988 record.

Philadelphia and several other nearby towns on Tuesday saw record cold temperatures, some breaking records from 1912.

But don't call the cold front a "polar vortex" — that's a little dramatic.

"I would call it more of a cold snap," said Jim Bunker, observing program leader for the National Weather Service in Mount Holly. "It's not anything out of the ordinary; it's just unusual. There's an Arctic high that set up and it's brought down a pretty good dose of Arctic air."

Fortunately, you don't have to get too used to the subzero weather. Later this week, "temperatures are going to start moderating out," said Bunker.

Temperatures should reach 50 degrees by Friday and Saturday.

Brrrr

There were several records broken for Jan. 7.

- **Philadelphia:** 4 degrees. Previous record of 7 in 1988.
- **Trenton, N.J.:** 2 degrees. Previous record of 6 in 1912.
- **Mount Pocono, Pa.:** -8 degrees. Previous record of -5 in 1988.

CHRISTINA PACIOLLA
christina.paciolla@metro.us

Let your New Year's Resolution be a Long-term Weight Loss Solution

My weight loss journey began a little more than 2 years ago, during an annual physical. My doctor told me that if I didn't do something about my weight – and fast – that I would likely end up with very serious medical conditions. My five foot frame was carrying 259 lbs.! I had been trying conventional diets for years. I would lose weight, but never the amount I needed to lose, and was never able to maintain the weight loss.

"2 years and 110 lbs. after surgery, and I am still on my journey!" – Lovie

I knew my doctor was right. So, after some research, I found the **Center for Surgical Weight Loss** at Hahnemann University Hospital. With the guidance of the surgeon, the dietitian, and the rest of the surgical weight loss team, I was motivated to get serious about losing weight. In fact, by following the dietitian's advice, I was able to lose 27 pounds even before surgery! I am grateful to the entire surgical weight loss team – they provided the education and support I needed to reclaim my life!*

This surgery is designed for those with a body mass index equal to or greater than 40 or equal to or greater than 35 with serious co-morbidities.

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App. Drexel tech lab fosters collaboration to build mobile future

Tap to open, swipe to refresh, flick to delete.

"Those are just so much more natural and intuitive than it is to move a mouse around and click on specific objects," said Youngmoo Kim.

Kim, associate professor of electrical and computer engineering at Drexel University, is directing a new venture he hopes will foster a collaboration that will help build innovative mobile apps.

"The stats are out there," he said. "There are a lot of people who don't have a desktop computer or a laptop computer, don't have Internet access that way. Their only access is through their phone."

Kim is head of the new Application Development Laboratory at Drexel, which offers space and resources for students to design and produce apps. The lab, the result of a donation from Bentley Systems, opened on Monday.

Quoted

"Mobile computing and app development has changed the way we interact with computers and interact with technology."

Kim

The goal, Kim said, is to build apps that serve a distinct purpose and offer a unique experience.

"You can certainly control a desktop website from a smartphone or a tablet," he said, "but those websites weren't designed to be driven through touch."

TOMMY ROWAN

Sonny's named top cheesesteak by GQ

Daniel Fernandez prepares cheesesteaks at Sonny's Famous Steaks in Old City, which was recently awarded Best Cheesesteak in Philly by a panel of five GQ magazine food writers, including Alan Richman, who sampled 23 cheesesteaks at 10 local restaurants.

CHARLES MOSTOLLER, METRO

Frigid temps

See someone who needs assistance?

If you see a homeless person in need of assistance during the freezing temperatures, call the Project Home Outreach Hotline at 215-232-1984. You will be asked to provide the location and description of the person in need. There are beds available to families as well as single persons.

The Department of Licenses and Inspections is also prioritizing no-heat complaints and collaborating with agencies to provide shelter for those whose heat is not working.

Additionally, sanitation collections will be delayed this week. Trash that is not collected on its regularly scheduled day will be picked up the next day. METRO

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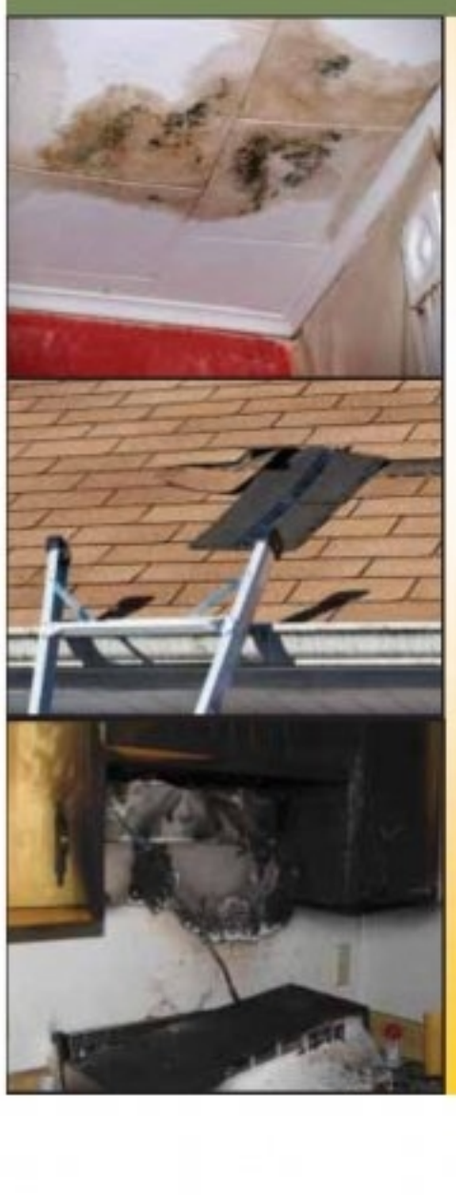
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Passengers heading into downtown wait on an "L" platform for the train to arrive in below zero temperatures on Tuesday in Chicago. / GETTY IMAGES

Record deep freeze settles into eastern US, disrupts travel

Help. In NYC and D.C. homeless shelters and public buildings took in people who were freezing.

A deadly blast of arctic air shattered decades-old temperature records as it enveloped the eastern United States on Tuesday, canceling thousands of flights, driving energy prices higher and overwhelming shelters for homeless people.

Authorities have put about half the United States under a wind chill warning or cold weather advisory, the icy conditions snarling air, road and rail travel. Temperatures were expected to be 25 degrees to 35 degrees Fahrenheit below normal from the Midwest to the Southeast, the National Weather Service said.

Major U.S. cities were in the grip of temperatures well below freezing, with Chicago seeing temperatures of minus 4 F, Detroit minus 5 F, and Pittsburgh 1 F.

Atlanta recorded its coldest weather on this date in 44 years, when the temperature dropped to 6 degrees Fahrenheit, while temperatures in northern Florida also briefly dropped below freezing.
REUTERS

Deaths

6

Six deaths have been reported across the country since a polar air mass swept over North America over the weekend, producing the coldest temperatures in two decades.

Ponzi scheme

JPMorgan to pay over $2 billion to settle Madoff case

JPMorgan Chase & Co. will pay more than $2 billion in penalties to settle charges by U.S. federal authorities that it failed to report suspicious activity involving Bernard Madoff's Ponzi scheme.

The $2 billion sum includes the largest forfeiture a bank has ever had to pay to resolve anti-money laundering violations.
REUTERS

Aid. Obama-backed jobless bill clears Republican roadblock

A White House-backed bill to renew jobless benefits for 1.3 million Americans narrowly cleared a U.S. Senate Republican procedural roadblock on Tuesday.

The Senate may vote later this week on whether to approve the bill and send it to the Republican-led House of Representatives, where it may die unless there is a deal to cover the cost without increasing the federal debt.

At the White House, President Barack Obama praised the Senate for moving forward and urged swift passage so he could sign the emergency legislation into law.
REUTERS

How they voted

60-37

On a largely party-line vote of 60-37 – 60 were needed to prevail – the Democratic-led Senate agreed to begin consideration of the measure, which would extend recently ended benefits for three months at a cost of $6 billion.

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The Worm. Dennis Rodman freaks out on CNN's Chris Cuomo

Dennis Rodman flipped out on CNN's Chris Cuomo Tuesday during an interview on "New Day."

Rodman spoke from the North Korean capital of Pyongyang and got riled up when Cuomo asked him about Kenneth Bae, an American citizen who has been held captive in North Korea for more than a year.

Cuomo asked Rodman if he planned to ask North Korean politicians about Bae, prompting an angry, incoherent tirade from the former basketball star.

"Are you going to take an opportunity, if you get it, to speak up for the family of Kenneth Bae and say, 'Let us know why this man is being held?'" Cuomo asked. "If you can help them, will you take the opportunity?"

Rodman shakily shouted, "The one thing about politics, Kenneth Bae did one thing. If you understand — if you understand what Kenneth Bae did. Do you understand what he did? In this country?"

Cuomo then asked Rodman what Bae did, and Rodman turned it back on the CNN anchor.

"You tell me," Rodman shouted. "You tell me. Why is he held captive?"

"They haven't released any charges," Cuomo said. "They haven't released any reason."

It seemed as though Rodman believed Bae was guilty, and said that he would "love to speak on this." But instead, Rodman said, "You got 10 guys here that have left their families to help this country in the sports venture." METRO

Rodman / GETTY IMAGES

Sandusky testifies to get pension restored

Sex abuse. His $4,900 monthly pension was revoked when he was sentenced to 30-60 years in prison.

Convicted child sex abuser Jerry Sandusky maintained his posture of innocence at a hearing on Tuesday to win back his revoked pension, testifying that he was accused of "alleged crimes" by "alleged victims."

The former Penn State assistant football coach spoke via remote video link from a southwestern Pennsylvania prison during a hearing in his effort to have his pension restored, despite his 45 child sex abuse convictions.

Wearing a bulky orange jumpsuit, his hands shackled to a belt at his waist, Sandusky, 69, was the first witness to testify at the hearing before the State Employees' Retirement System in Harrisburg.

Sandusky / GETTY IMAGES

Abuse

10

Sandusky has rarely spoken publicly since he was convicted of sexually abusing 10 boys over a period of 15 years.

The bulk of Sandusky's testimony revolved around his 30-year career at Penn State, which began in 1969, and the disgraced coach did not specifically address the pension issue. REUTERS

Consumer Fraud

Fan sues NFL over Super Bowl ticket cost

A New Jersey businessman has filed a lawsuit against the National Football League, claiming that it is withholding Super Bowl tickets from the public and allowing high resale prices out of the reach of many fans.

Josh Finkelman, who said he spent $4,000 on two tickets to the Feb. 2 championship game, filed suit in federal court on Monday, accusing the NFL of violating the state Consumer Fraud Act, which the lawsuit says prohibits companies issuing tickets to withhold more than 5 percent of available seating to the public. REUTERS

Attention Men

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Chemical weapons.
Syria ships out first batch of materials

Syria has started moving chemical weapons materials out of the country in a crucial phase of an internationally backed disarmament program that has been delayed by war and technical problems.

The Organization for the Prohibition of Chemical Weapons said on Tuesday that "priority chemical materials" were transported to the port of Latakia and onto a Danish vessel which was now sailing toward international waters.

Syria agreed to abandon its chemical weapons by June under a deal proposed by Russia and agreed with the United States after an Aug. 21 sarin gas attack that Western nations blamed on President Bashar al-Assad's forces. Damascus blames rebels for the attack.

War, bad weather, bureaucracy and technical issues meant a Dec. 31 deadline for the removal of the most deadly toxins from Syria was missed.

The OPCW did not disclose what percentage of Syria's toxic arsenal — which totals 1,300 tons in all — had been removed but said nine containers of the most dangerous chemical materials were on the Danish cargo vessel.

"The vessel has been accompanied by naval escorts provided by Denmark and Norway, as well as the Syrian Arab Republic," a statement said. "It will remain at sea awaiting the arrival of additional priority chemical materials at the port." REUTERS

Sticking to deal

Washington welcomed the removal of chemical materials and said al-Assad's government appeared to be sticking to the deal.

- "Much more needs to be done," State Department spokeswoman Jen Psaki told a news briefing, adding: "We have no reason to believe that the regime has gone back on any aspect of their promise."

Going bananas for cocaine

Berlin supermarkets get unexpected shipment

Boxes filled with bananas and cocaine were delivered to five Berlin supermarkets in what police on Tuesday called a "logistical error" by drug smugglers.

Look elsewhere for your daily potassium needs. / GETTY IMAGES

Supermarket staff discovered the containers with a total of 140 kg of cocaine on Monday shortly before the fruit went on sale to the public, police and customs investigators said.

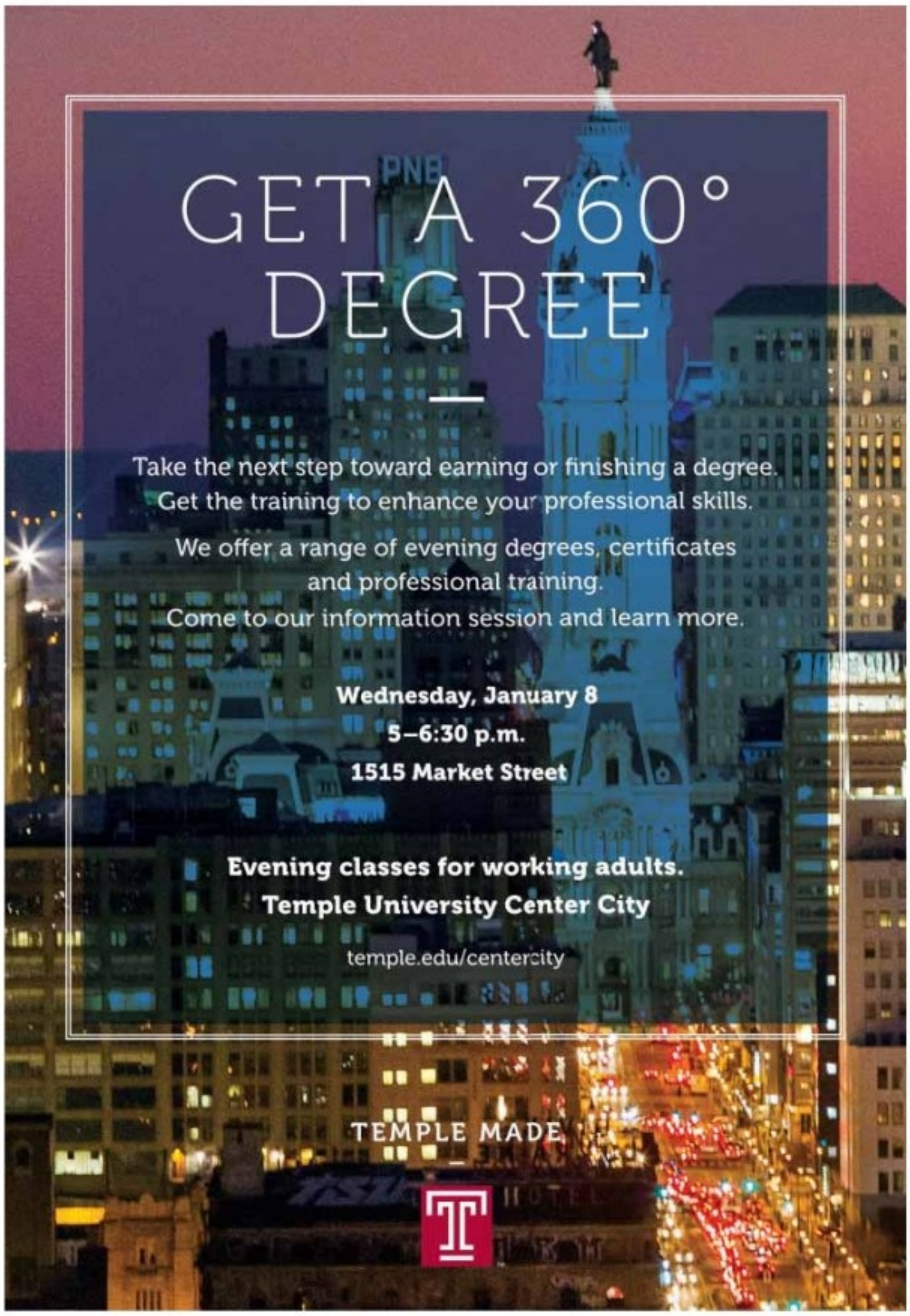
It was the largest discovery of cocaine in Germany's capital in about 15 years and has an estimated black market value of 6 million euros, according to police.

The banana cartons, part of a consignment of 1,134 boxes, were brought by ship from Colombia to Hamburg and delivered to a fruit wholesaler in Berlin. Cocaine was found in seven of them, Schremm said.

The boxes were delivered to five supermarkets in the Berlin area, but the intended destination was unclear. REUTERS

China suspends ban on video game consoles

China has temporarily lifted a 14-year-old ban on selling video game consoles, paving the way for Sony, Microsoft and Nintendo to enter the world's third largest video game market in terms of revenue. China saw video game revenues grow by more than a third in 2012 to nearly $14 billion last year, but console makers are likely to face an uphill battle for market share in a country where a whole generation has grown up without a PlayStation, Xbox or Wii and where free PC and mobile games dominate. REUTERS / GETTY IMAGES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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Niall Horan is feeling chatty, Samantha Ronson is not used to mornings, and Dana Delany is feeling unloved.

@NiallOfficial: Hello everyone. How ya doin?

@samantharonson: Tried to be a human being and went to sleep before midnight, now I'm wide awake. Is this what you guys do? Now what?

@DanaDelany: I lost 150 followers with Twitter update. Weird. Anyone else?

Nothing to see here, folks!

Lutz on those juicy Miley rumors

Ever since being spotted together at Beacher's Madhouse MGM around New Year's, "The Legend of Hercules" star Kellan Lutz has been linked with the world's most famous twerk monster, Miley Cyrus. But is there any truth to that rumor? We spoke to Lutz, who set the record straight.

"I adore the girl, and people assume stuff just because you're photographed at a party with multitudes of celebrities and public figures," he says. "She's been a close friend of mine for years and we're friends. It's always great to hang out, especially with her being so busy and me being so busy, but the gossip and all these rumors that insiders say, they're funny because I don't look at these tabloids." MEREDITH ENGEL

ALL PHOTOS GETTY IMAGES

Girls, girls, girls — and even more girls

Jemima Kirke, Lena Dunham, Allison Williams and Zosia Mamet celebrated the "Girls" season 3 premiere at Lincoln Center on Monday in New York City. Other hot "girls" — including Kim Gordon, Anna Wintour and "The Daily Show" correspondent Jessica Williams — were also in attendance.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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People still talking about Simpson's mom jeans

Sure, celebrities have wealth, good looks, prestige and never have to stand in line for a new iPhone. But sometimes being famous isn't all it's cracked up to be, because maybe one day you will do something innocuous like wear an ill-suited pair of jeans for a few hours. And then, like a kind of denim herpes, those jeans will haunt you for the rest of your life.

Case in point: Jessica Simpson, who donned this pair of jeans at a concert in 2009. 2009! Yet we as a society are still talking about it. Not only are we still talking about it, but an entire episode of "Oprah" revolved around these jeans in 2010. Jeans that don't even look that terrible.

The jeans heard 'round the world.

And poor Simpson was asked about them yet again in this month's cover story for Redbook. "What's so unbelievable is that I was probably at least 15 pounds smaller than I am right now," she said. "What's more unbelievable is that the press could create something like that out of a pair of jeans. … What woman wants to be brought down for wearing a pair of jeans?"

Is there something about these jeans that I don't know? Are they culpable in the genocide of an entire race of people? Did they beat someone and then leave them to die in an alley? Did they invent reality television?

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Meryl's mean streak

Interview. Meryl Streep said playing a nasty mom in "August: Osage County" wasn't always fun.

"August: Osage County" is an ensemble film, with big-name actors crowded into every inch of the screen. But most of the attention has drifted, inevitably, toward its matriarch, not the least because she's played by Meryl Streep.

As Violet Weston, whose dysfunctional family packs into her remote Oklahoma home in the wake of her husband's suicide, she's a pill-popping monster, short-tempered and prone to speak her mind, which is usually crammed with wicked thoughts she mistakes for tough truths. This may sound more fun than it is.

"As an actor, you're supposed to want to go to the house of pain over and over and over again," Streep explains. "But it's not something that's fun. I resisted doing this initially because of that. I just thought, 'Ugh.'"

While the entire cast — which includes Julia Roberts, Juliette Lewis and Julianne Nicholson, who play her daughters — got along swimmingly, she still felt her character's pain. "It wasn't the most joyous experience from my point of view," she says.

Adding to the tension was shooting while Hurricane Sandy raged and the presidential election occurred in the outside world. "It was important to make a connection beyond the set. Also I was smoking nonstop, which really makes you feel sh—y."

She even felt a bit of jealousy, especially in comparison to Chris Cooper's far more likable brother-in-law. "He would imbue [his character] with his enormous humanity and compassion. And I knew the audience would love him. And I knew they would hate me in equal measure."

She says one of the more upsetting scenes was the first one in the film, with her husband, played by Sam Shepard, before he kills himself.

"You still think that maybe there's a spark of love from this person who's gone through everything with you. And to look in his eyes and realize he'd rather be dead than look at you — that was brutal. That sort of set the tone for dealing with his death and everything afterwards."

This said, the play source — by Tracy Letts, for which he was awarded the Pulitzer Prize — is still a comedy. "The humor's borne out of pain, but you still want your laughs. Every single actor came to the first reading with a copy of the original play, with their lines highlighted that had been cut." They even begged Letts, who adapted the play himself for the screen, to reinstitute key laugh lines.

MATT PRIGGE
matt.prigge@metro.us

You'll get it

Just like home

While the film, like the play, is more outsized in its grotesquery than most family get-togethers, it's still supposed to be, Streep assures, relatable. "It's like when you come together with your friends after Thanksgiving and you say, 'I have to tell you what my mother said!' And you tell a story that was not funny when you were there, but in the telling it's fabulous. That's how you transform your life. Because if you can't laugh about this stuff... "

Meryl Streep says her role in "August: Osage County" was one she put off because of character's emotional baggage. / WIREIMAGE

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On-site

A sense of place

As half of the performance duo PearlDamour, the playwright has created a number of site-specific works. D'Amour says that has an impact on a play like "Cherokee," which deals strongly with a sense of place. "In many of my plays the landscape is really a character," she says. "If I'm stuck in a scene I try to just look around the setting, almost like walking around in my mind to see what might happen next."

Escaping from

Theater. Playwright evokes childhood camping trips for "Cherokee."

In Lisa D'Amour's last play, the Obie Award-winning "Detroit," two female characters yearn for a camping trip but only manage to drive eight miles from home before their plans unravel and they find themselves back in the suburbs. So in her follow-up, D'Amour says, "I really wanted to write a play where the people actually got to go camping."

The result, "Cherokee," will have its world premiere at Wilma Theater. The play is a companion piece to "Detroit" in that it also deals with two couples, but takes its characters out of their element and into the Great Smoky Mountains. "The fact that these four characters have driven far from suburban Houston is very important to the play," D'Amour says. "Getting out of the concrete interstate world of the suburbs and into the fresh air of nature allows them to listen to themselves more clearly and allows their intuition to kick in."

The play, directed by Barrymore Award winner Anne Kauffman, follows the campers as one of their party goes missing and a mysterious half-Cherokee drops into their campground. The encounter was inspired by D'Amour's childhood camping vacations to Cherokee, N.C., where she would watch the historical drama "Unto These Hills," which for more than 60 years has recounted the story of the Cherokees' forced removal to Oklahoma on the Trail of Tears.

"It was one of my formative theater experiences," D'Amour recalls. She returned to the area for the first time as an adult during the writing of "Cherokee," and revisited the 2,800-seat Mountainside Theatre. "I totally got chills walking into the theater because it was such a big part of my childhood."

The area has changed, with an enormous casino now standing alongside the nature trails and historical reenactment village. "It's really disorienting to move back and forth between those worlds, and the play deals with that," D'Amour says. "The native character in the play feels like he has one foot in a contemporary Western world and one foot in a world steeped in Native American tradition and ritual, and he's trying to find his own place at some intersection of those."

SHAUN BRADY
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the suburbs

David Ingram, Marcia Saunders, Ashley Everage and Kevin Jackson go camping in "Cherokee." / ALEXANDER IZILIAEV

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EDUCATION TOWARDS EMPLOYMENT

TV watch list

Looks like "The Real World" just got, uh, real-er. / MTV

REALITY

'Real World: Ex-Plosion'

How are there still people out there willing to be on "The Real World?" There might not be after this 29th season, in which the seven strangers are blindsided by a special twist — their exes are moving in, too! This show has gotten trashier with each new incarnation and we're guessing (hoping) that this one will be the most deliciously lowbrow of all. Bring on the drunken hot tub brawls! **SEASON PREMIERE, 10 P.M., MTV**

AWARD SHOW

'The 40th Annual People's Choice Awards'

Viva the voice of the people! "2 Broke Girls" stars Kat Dennings and Beth Behrs host the 40th annual awards show for fan favorites in TV, music and movies. We're calling it now: Seth Green's "Dads" isn't winning diddly-squat. **9 P.M., CBS**

SUSPENSE

'American Horror Story: Coven'

Tonight, Madison (Emma Roberts) is out for blood, seeking to eliminate her competition. Speaking of Roberts and competition, guess she eliminated all her real life competitors for "AHS" co-star Evan Peters' heart — the two just announced their engagement.

10 P.M., FX

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How to sell your home in 2014

Advice. Follow these words of wisdom from one of the "Property Brothers."

If 2014 is the year you plan to sell your home, we've got expert advice from hunky real estate pro Drew Scott, who with his contractor brother Jonathan hosts "Property Brothers" and "Buying and Selling" on HGTV.

Don't get personal

"The big thing that people don't take into consideration is that you need to look at your home without emotion and you need to look at it through the eyes of a buyer," Scott says. That means not only your family pictures, but also your angel collection (or other knickknacks) need to go. When you're staging a home, tchotchkes are not inviting to your guests, who are trying to envision themselves in the space.

Move things around

In addition to knowing what kind of furniture works best for a room, you also need to know where it works best. "When you walk into a room, obviously you want it to feel welcoming," Scott says. "So if you walk in and you're tripping over a couch right away, that's a good indication that's not a good place for a couch." Scott also applies this rule to decluttering: Too many knickknacks and pieces of art can make a room look smaller.

Choose the right furniture

The right furniture meshes well with the design of the room, Scott says. So that Ikea couch you've held onto since college may not work in a more elegant space. No need to replace all your stuff though: "You can rent furniture pieces relatively inexpensively for a short term to make the place look better," he says.

See more at www.metro.us

Use these tips and you'll see that "Sold" sign a lot sooner. / PHOTODISC

Advice

Change up your lighting

A fresh coat of paint and adequate lighting can transform a drab room. "Having a well-lit room actually does make it feel bigger, and that's very important," Scott says, "especially in basements or areas of the home that don't have a lot of natural light."

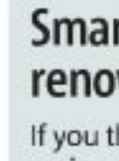
Paint a fresh coat

Lighter colors will make rooms appear larger, but you want to infuse imagination into your design choices. "Everyone hears the phrase, 'Do taupe, that's what buyers want,'" he says. "That is not want buyers want. It's boring and there's no imagination." Try a modern gray with pops of color in accent pillows and throws, he suggests. "You have to add some element of design for buyers to see the potential because buyers don't have an imagination — they need you to spell it out for them."

Bonus tip

Smart renovations

If you think that doing a major renovation to your kitchen or bathroom will help sell your home quicker, think again: The buyer is likely to see one remodeled room and others that aren't. Spread out your renovation money, Scott advises, tackling little repairs here and there. "Buyers focus on the negative — they don't focus on the positive," he says. "So as much as you spent all this money on the bathroom and kitchen, they're gonna see [the] old."



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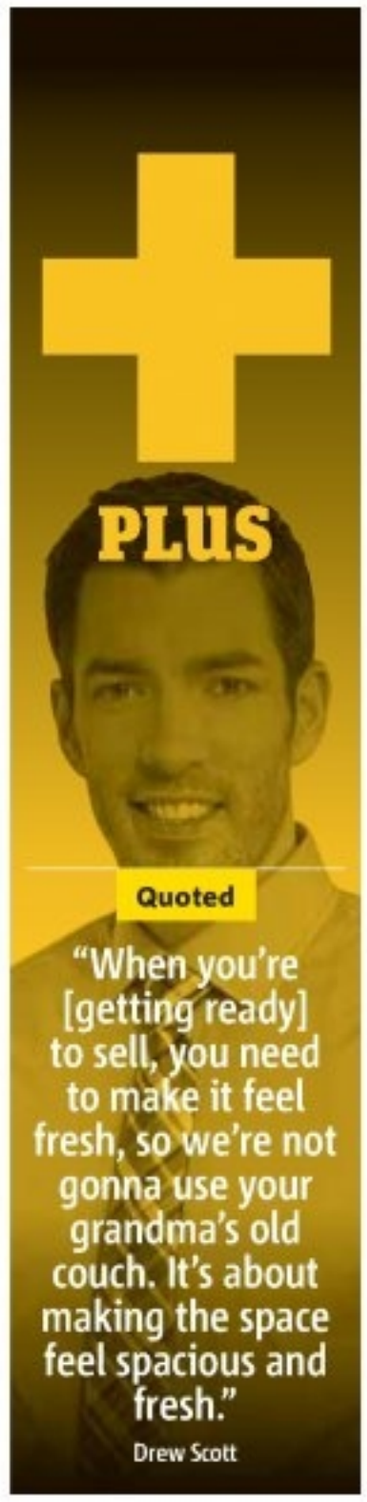
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"When you're [getting ready] to sell, you need to make it feel fresh, so we're not gonna use your grandma's old couch. It's about making the space feel spacious and fresh."
Drew Scott

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Fashion moments to look forward to in 2014

When the first week of January rolls around, we can't help but get a little bit nostalgic. Another year gone, another year older, another year's hiatus from our five-year plan. Melancholic thinking aside, 2014 is actually going to be awesome — just check out all of the exciting fashion-related things ahead. Wallowing over. **ALICE TATE**

1

Peter Pilotto for **Target** hits stores in February: Cue catfights and hair-pulling action against a backdrop of geometric digital prints.

2

Nicolas Ghesquiere's first bow at **Louis Vuitton** is on the horizon. Expect it to be fashion's most Instagrammed moment of the year.

3

Dear purple lovers, 2014 is your year. (Thank Pantone.) But remember we're calling it **Radiant Orchid**, OK?

4

Somebody, get the Spanx. **David Koma** is taking his body-con love affair to **Mugler**.

5

Say goodbye to **Chanel** as you know it. **Kristen Stewart**, with her notoriously self-conscious poses, will start her gig as the unlikely face of the fashion house.

6

Kate Moss for **Topshop** will return after a three-year hiatus. Painfully cool and vaguely vintage-flavoured dresses, anyone?

7

Goodbye, **Lincoln Center**; hello, heels sans toilet paper. This year's NYFW promises to be cleaner, cooler and seriously VIP.

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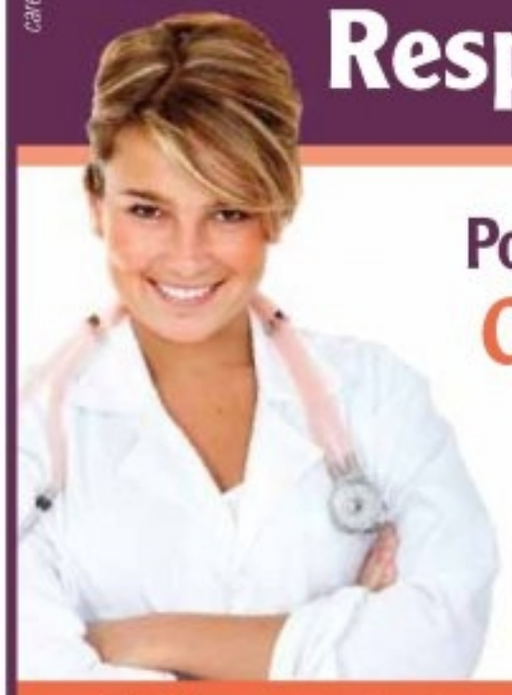

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THE FUTURE IS NOW-ISH: THE NEXT YEAR IN GAMES

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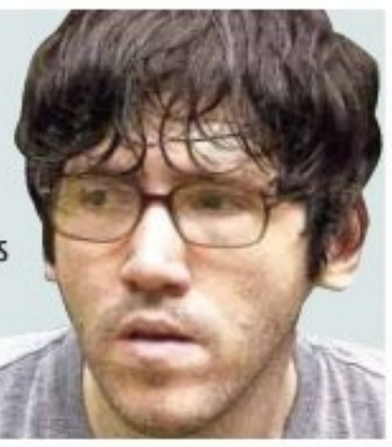

It was a heck of a year for gamers. We got two new consoles, something called "GTA V" and a whole lot of Luigi. This year, however, could be even, uh, gamier. Let's break out the crystal ball and see what titles will be keeping us indoors in 2014.

Holy crap, "Mario Kart" goes HD. / NINTENDO

'Watch Dogs'

System: All consoles
Release date: Unconfirmed but probably spring
Ubisoft's "Watch Dogs" promises to marry the open world mayhem of "Grand Theft Auto" with the VHS mayhem of Sandra Bullock's "The Net." You can hack any computer you see in the game, from smartphones to traffic lights.

'Mario Kart 8'

System: Wii U
Release date: Spring
Mario. Karts. Cool tracks that turn upside down. You know you are in. This marks the first time the series will be in HD, and the footage Nintendo has released so far is nothing short of incredible.

'Destiny'

System: Xbox One/PS4
Release date: September
You may remember developer Bungie from a little series called "Halo." They've since broken ties with Master Chief and struck out on their own. The result? "Destiny," a massively multiplayer online game that also happens to be a first-person shooter. Explore planets with friends and shoot anything that moves!

'Infamous: Second Son'

System: PS4
Release date: March
The games in the "Infamous" series were some of PS3's best exclusives. "Second Son" moves the superpowered action to Seattle, complete with fully destructible environments and a ton of new abilities. I've gotten some hands-on experience with this, and it is more fun than a drunken Nicolas Cage dressed as Superman.

CES-a-go-go. What's trending at this year's electronics showcase

The yearly CES electronics show is this week in Las Vegas. Here are some of the awesome new gadgets that will be on display.

Smartwatches aplenty: Forget the smartphone, 2014 is the year of the smartwatch. These wrist-worn gadgets offer most of the functionality of your phone but without the time-consuming hassle of having to reach into your pocket for a second! Look for new offerings from Sony, Pebble, Archos and Qualcomm.

4K televisions at 1K prices: The mythical beast known as the 4K HDTV has thus far been out of reach for the average consumer. That is set to change at this year's CES, with cheaper models announced from LG, Polaroid (really) and more. Also, Netflix and YouTube finally unveiled 4K-friendly versions of their services.

More tablets that don't feature an Apple logo: What would a consumer electronics show be without gobs of tablets? Sure, iPads may corner the market, but low-priced Android-based alternatives have plenty of merit. For instance, Acer announced a new iteration of its Iconia line that clocks in at a soothing $129. Why, that's only around the price of 65 slices of pizza.

LAWRENCE BONK

THIS YEAR'S CES ELECTRONICS SHOW BOASTS TABLETS WITHOUT AN APPLE LOGO.
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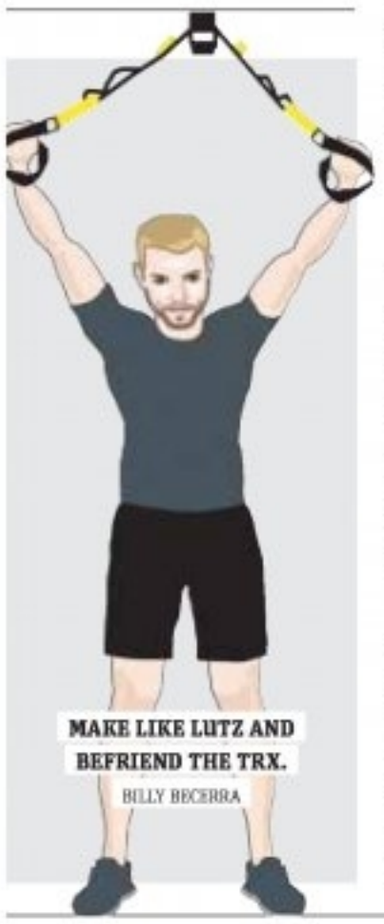
How Kellan Lutz got in Herculean shape

Fitness. The star of the upcoming "The Legend of Hercules" film walks us through it.



MAKE LIKE LUTZ AND BEFRIEND THE TRX. BILLY BECERRA

Getting into sword-fighting shape to play the titular character in "The Legend of Hercules" wasn't too difficult for the self-proclaimed "always active" Kellan Lutz.

"It's a lifestyle," says the star, who says he likes to make his workouts fun. "I live in Venice Beach, so it's either going for runs on the boardwalk or playing basketball or volleyball with friends."

But when what he calls "the movie of my dreams" rolled around, he had to get in fighting shape — and fast. "By the time I got the role I had nine days to get to Bulgaria and start shooting," he says. "So the idea of Hercules that I wanted to do, I kinda threw out the window."

Lutz says he stuck to his regular routine while working on the role — moves like pushups, squats, leg-lifts and lunges that "work out multiple muscles of the body." When possible, he worked out twice a day. And while there were dumbbells and some other equipment at the shoots, Lutz calls his TRX "my best friend on film sets because you just bring this band around and use your own body weight." He also did some specialty workouts that came in handy for this particular role, like riding on a motorized horse saddle and practicing his deftness with a sword.

Lutz beefed up for the film, which hits theaters Friday. SIMON VARSANO, SUMMIT ENTERTAINMENT

DUMBBELL SQUATS WORK MULTIPLE PARTS OF YOUR BODY. BILLY BECERRA

But playing a Greek god known for his strength also meant that Lutz had to keep up his healthy lifestyle out of the gym. Lutz began following the Paleo diet for the role — embracing meat, seafood, vegetables, fruits, nuts and other unprocessed foods — and hasn't stopped.

"[It] gave me the energy that I needed, it gave me the tightness that I needed for the role, for it being in 3-D," he says with a laugh. Among his favorite Paleo-friendly foods: juices from Equinox gyms and a quinoa salad with salmon, avocado and pomegranate. "Deleting gluten out of your diet and deleting all the candy that I love, and doing high-protein and multiple meals throughout the day, and vegetables, I just felt great. I really just felt like I looked great too, in the kind of shape that I hadn't been in before."

Work it

Steal his game

Doing the same routine at the gym gets boring — Lutz knows that all too well. So he likes to play a game with himself that determines where his gym time will take him. He takes a deck of cards to the gym and leaves the decision up to chance: If he guesses a card's color correctly, he has to do as many reps of pushups or crunches as the number on the card. So for example, if he guesses red and a red Jack shows up, he does 11 pushups. If he guesses wrong and a black card shows up, he does double the reps on the card. "It's fun and it's always different," he says of the routine.

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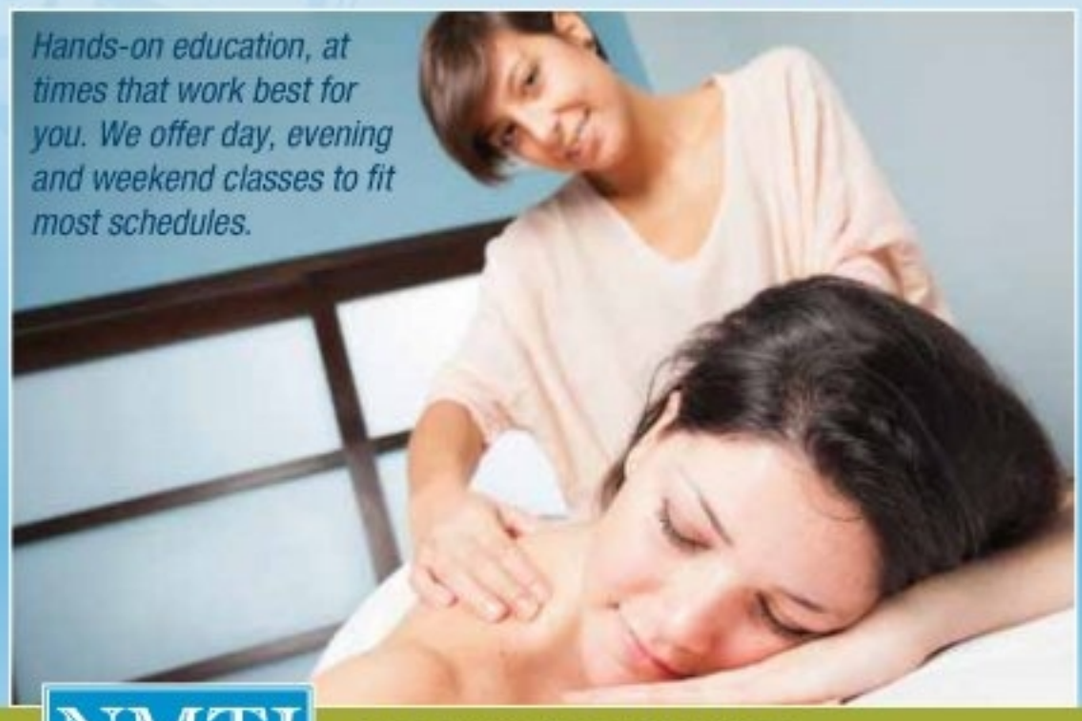

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Health notes

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We love Zackees Turn Signal Gloves, which light up when you're ready to make a turn (and are washable!) The nickel-plated steel on the thumb and index fingers mean all you have to do is touch them together to signal. Get them for $69 on founder Zach Vorhies' Kickstarter page.

Do good

Did you get a new iPhone over the holidays? You can donate your old one — or a used iPod or iPad — to the nonprofit Music & Memory, which uses the electronics to help people with Alzheimer's and dementia recall memories through music. Mail yours (or a donation) to:
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30-second lifesaver

Try a little self-hypnosis

This week's tip comes from Colin Christopher, clinical hypnotherapist and author of the book "Success Through Manipulation: Subconscious Reactions That Will Make or Break You."

CHRISTOPHER
PROVIDED

Try this three-step technique to ease negative feelings in seconds. The more you do it, the more it becomes ingrained in your subconscious and becomes second nature.

1 Sit up or stand straight and lift your chin toward the ceiling.

2 Inhale deeply from your stomach, hold for three seconds, and exhale slowly through your lips, dropping your shoulders as you breathe out.

3 Recite a memorized sentence that will shift your focus back to a positive state of mind, like "I am strong, confident and in control."

This gives you clarity of thought.

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3-DAY DETOX

If you normally don't make this face when eating grapefruit, try sprinkling a little pumpkin spice on top. / GOODSHOT

Need to kick up your New Year's diet plan? Give this delicious detox a shot. It's designed to blast away bloat, ramp up energy, melt away fat and give your current eating plan a cleansing boost. The meals are loaded with anti-oxidants, protein, fiber, vitamins and minerals to keep you going strong and feeling satisfied. Here's how it works:

1 Follow the same daily menu for three days.

2 Eat only what is listed on the menu — no added sugar, honey, sugar substitutes, salt, dressings or condiments.

3 Drink one cup of green tea 15-30 minutes before breakfast, lunch and dinner. (Sipping green tea will help fill you up so you eat less at mealtime, and gives your metabolism a slight uptick.) Feel free to add optional fresh lemon, or a splash of skim, soy or unsweetened almond milk. But don't add any sugar.

4 Drink as much additional water as you want throughout the day, but no soda, fruit juice, alcohol or diet beverages allowed.

Breakfast

Slimmin' smoothie

In a blender, combine ¾ cup skim milk (unsweetened soy or almond milk works, too), half a ripe banana, 1 cup frozen berries, ½ scoop vanilla protein powder, 1 tablespoon chia seeds, ¼ teaspoon cinnamon and 3-5 ice cubes. Blend until smooth and frothy.

Lunch

Spinach salad

Start with 2+ cups of dark, leafy greens, then pile on colorful, antioxidant-rich produce. Best bets include peppers, tomatoes, carrots, red onions, broccoli, sliced beets, cucumbers, mushrooms, celery and cauliflower. Add ½ cup red kidney, pinto or black beans for a punch of fiber and slow-burn carbs. Sprinkle on a tablespoon of chopped walnuts or pecans for some healthy fats. Dress with a teaspoon of olive oil and unlimited balsamic or red wine vinegar.

Snacks

Have a juicy grapefruit on the side. For a snack later, have ½ cup of unshelled pistachios.

Dinner

Vegetable starter

Slice a cucumber (or rinse off two handfuls of cherry tomatoes) and drizzle with balsamic vinegar. Kicking off your meal with fiber and water-packed vegetables takes the edge off your hunger so you'll be less likely to overeat.

Fish entree

Bake, grill, broil or poach some cod, halibut, haddock or wild salmon. Season with fresh lemon and black pepper. Eat until you're comfortably full.

Broccoli side

Cut broccoli into florets and steam on the stovetop. Add fresh lemon and black pepper.

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Horoscope

♑ Capricorn | Dec. 22-Jan 20. Don't let your emotions lead you astray. Do your share at home and contribute to projects that need to be finished.

♒ Aquarius | Jan. 21-Feb 18. Listen to advice being offered, but make choices based on what's best for you. Not everyone will understand.

♓ Pisces | Feb. 19-March 20. Consider ways to make your bank account grow. Investing in something that will help you expand your marketable interests can pay off.

♈ Aries | March 21-April 20. Don't wait until you are forced to make a change. Stay on top of every situation you face. Preparation will help you bypass trouble.

♉ Taurus | April 21-May 21. You've got insight, so don't let anything stand between you and your goal. A promise will add security to an important relationship.

♊ Gemini | May 22-June 20. Ask questions, do your research and focus on innovation when it comes to finding solutions. Keep life simple by being honest.

♋ Cancer | June 21-July 22. Your emotional commitments and your desire to get ahead financially will keep you busy today. Don't lose sight of what's important.

♌ Leo | July 23-Aug. 22. Your heart is in the right place, but not everyone will agree with your actions. It would be best to keep a low profile.

♍ Virgo | Aug. 23-Sept. 22. Sign up for something. Spending time with the younger or older people in your life will help you see your situation differently.

♎ Libra | Sept. 23-Oct. 22. You will face trouble at home due to stubborn or demanding people. Work on projects that can help alter areas of your life that you find difficult.

♏ Scorpio | Oct. 23-Nov. 21. Engage in functions that will bring you in contact with free-thinkers. Make lifestyle changes.

♐ Sagittarius | Nov. 22-Dec. 21. Prepare to make a change, but before you do, make sure you have everything in place.

BERNICE BEDE OSOL

Sudoku: Easy and hard

				1	6		2	
7	9		2					
						9		1
5	1				9		7	2
	7	2		3		6	5	
4	3		7				1	9
3		7						
					5		4	6
	4		1	7				

		2			5	1		6
	7		6	3				2
				7			3	
6		5	3				4	7
7	2				6	9		3
	8			9				
9				8	3		1	
4		1	2			3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

The great American way

Re: 'Those who obey the law have no fear' (Metro, Jan. 6) Letter writer John Francis Fox, who responded to the letter "Who needs enemies when you have the government?" is living in a fantasy world if he thinks that we have nothing to fear from the government if we "aren't doing anything wrong." Need I remind you of historical examples like the Japanese internment, or perhaps the contemporary fact that the United States has by far the largest prison population per capita in the world? How about the recent Supreme Court ruling that police are not meant to "protect and serve," as we'd always thought, but simply to enforce the law, whatever it may be? Of course, many low income citizens are already aware of that kind of policing. We owe the government no support for its brutal and vengeful actions post-9/11, even though we lost so many innocent American lives that day. The U.S. government has killed hundreds of thousands of Iraqi and Afghan civilians, including children, since we invaded the Middle East. But whatever it takes to keep us Americans safe, right, John?

ALEXANDRA BERNSON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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Interactive Crossword

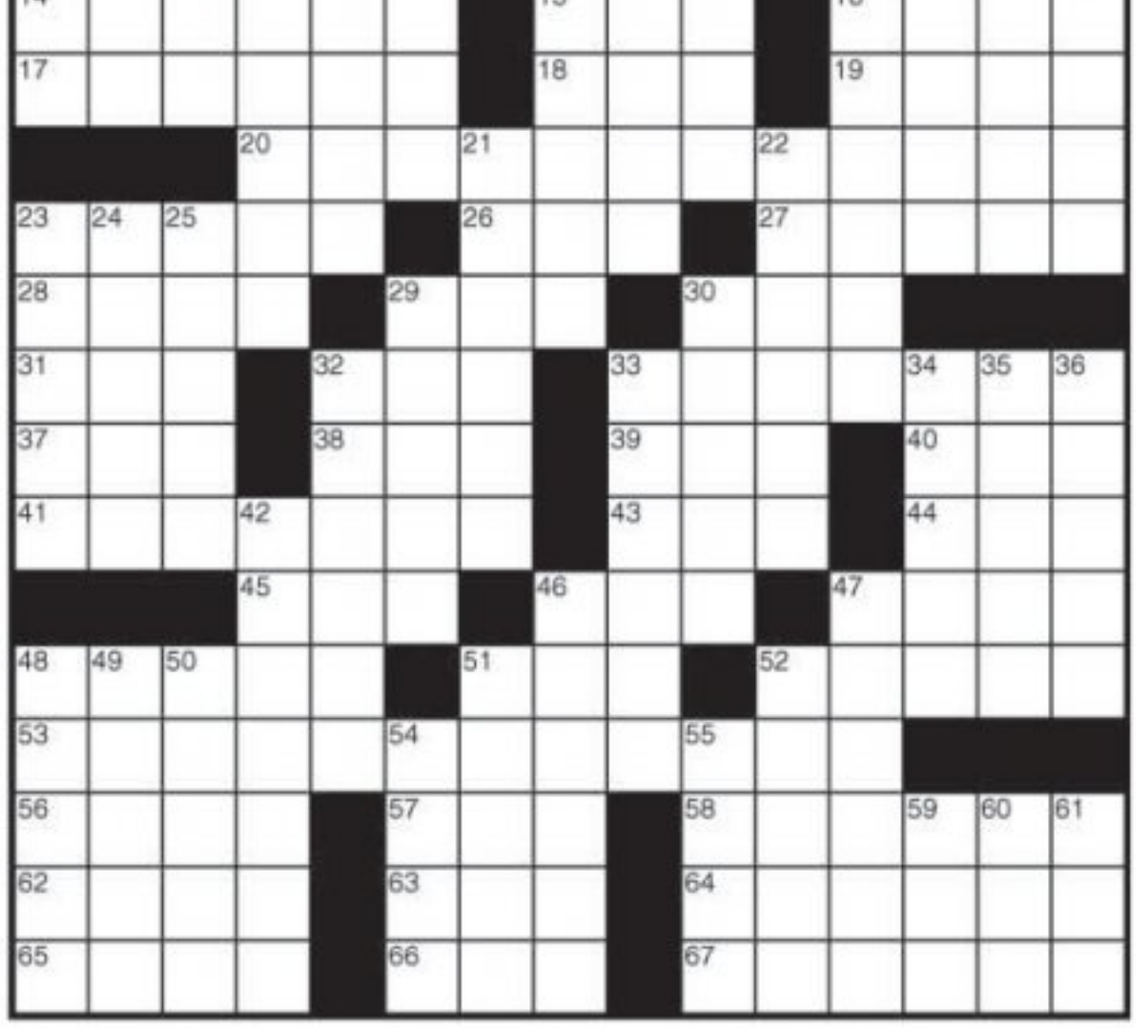
Crossword

Across

1 Kind of shower
7 "Arabian Nights" bird
10 Mae West persona
14 Common antiseptic
15 Menu phrase (2 wds.)
16 Plaintive reed
17 Tigers and bears
18 Pinch off
19 Scope out
20 Unsuccessful endeavor
23 Wild shrub
26 Female rabbit
27 Singers Hall and —
28 Bok —
29 Molasses-based drink
30 Tractor-trailer
31 Dull routine
32 "Westworld" name
33 Madrid coins
37 Suffix for "press"
38 Is, to Fritz
39 Sporty truck
40— and yang
41 Long low hounds
43 Half a couple
44 Ski instructor
45 Wield, as oars
46 Profile
47 Transvaal trekker
48 Longed for
51 Ad— committee
52 Jackson or James
53 Comfort food (2 wds.)
56 Obey
57 Butter container
58 Aquatic mammals
62 Ocean-going bird
63 1860s initials
64 Boutiques
65 Train for boxing
66 "You, there!"
67 Despot

Down

1 Overalls front
2 Caviar, actually
3 Mont. neighbor
4 Perturb
5 Silly trick
6 What you pay at sales
7 Haphazard
8 Pimiento holder
9 Dracula's attire
10 120 or 240
11 Roughly
12 Mary Tyler —
13 Chinese dogs, slangily
21 Teen bane
22 Bang and zoom
23 Cancel
24 Mr. Spock's fellow officer
25 Dust particles
29 Out of practice
30 Nostalgic fashion
32 Investment returns
33 Volcanic glass
34 Misspellings
35 Buenos —
36 Sleeper's noise
42 Lead-footed driver
46 Mumbai
47 Odds-taker
48 Crowning points
49 Insect sound
50 Hair dye
51 Split-level
52 Pier
54 Draw with acid
55 Mislaid
59 Age
60 Stimpy's buddy
61 Former JFK arrival



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3 SPORTS

Flying five

Five Flyers head to Sochi

Five different Flyers will represent four countries in February's Winter Olympics in Sochi, Russia: Kimmo Timonen (Finland), Jake Voracek and Andrej Meszaros (Czech Republic), Michael Raffl (Austria) and Mark Streit (Switzerland).

Early playoff push

Flyers top stars eye playoff positioning

Between Wayne Simmonds, who's moved into the team lead in goals with 14, team captain Claude Giroux, who's regained his scoring touch with 38 points and sturdy goalie Steve Mason, who's regained his form after hitting a lull, the Flyers look like a team on the rise.

"We're just fighting for a playoff spot right now," said Simmonds, who has eight goals in his last seven games, four on the power play. "We need to get as many points as we can."

While the playoffs are still four months away, if the Flyers can keep this up you can probably save a seat for them at the table.

JON MARKS

No Sochi for Vonn

Star skier to sit out Olympics

After working long and hard to overcome a knee injury so she could compete in the Winter Olympics in Sochi next month, downhill skier Lindsey Vonn decided she couldn't compete Tuesday. METRO

The Flyers are playing their best hockey of the season, having won five of their last six prior to Tuesday's game against the Devils. They host Montreal Wednesday at the Wells Fargo Center. / GETTY IMAGES

Road proving to be salvation for Flyers

NHL. The Flyers are hot and returning home to host the Canadiens.

There were plenty of reasons the Flyers sat out the playoffs last season, but right near the top had to be their 8-15-1 road record throughout a 48-game season.

To turn that around, then, and become road warriors this season has salvaged a season that once looked headed for disaster. Tonight, after playing 14 of their last 18 on the road, they're finally back home to take on Danny Briere and the Montreal Canadiens.

Regardless of what happened in the finale of a six-game trip Tuesday night in Newark vs. the Devils, the Flyers have put themselves in great position for the long haul.

"It's fun to win on the road and ruin the other team's night," said Scott Hartnell, who's been playing his best hockey since placed on a line with Wayne Simmonds and Brayden Schenn. "We've had a great road trip, but everyone's happy to be back home."

The Flyers carry a nine-game home winning streak into this one, longest since 2005, but far off the record 20 set in 1976.

With 46 points heading to Jersey and seven of their next 12 on home ice they figure to gain even more ground on the teams ahead of them if they can maintain something close to that pace. On the other hand, with just six points separating fifth place Detroit (48) from 13th place Columbus, there's little margin for error.

"We've just got to keep winning," said Flyers head coach Craig Berube. "It's tight. Look at all these teams right on your tail. Nobody's out of it."

JON MARKS
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Giroux disappointed over snub

NHL. Team Canada chooses not to select Flyers forward to roster.

Claude Giroux is from Canada. He is also among the elite forwards in the NHL.

But a slow start to the 2013-14 season seemed to have doomed Giroux, as he was told the news Tuesday morning that he would have to wait another four years before fulfilling one of his dreams.

"It was one of my dreams to play for Canada," Giroux told reporters, "but there's a lot of good players from Canada and the names announced are talented, good players."

Though he started slow, Giroux is back to his productive ways as are the Flyers.

He has seven goals and 11 assists in his last 12 games and 12 goals and 26 assists overall.

"Some believe everything happens for a reason," he said, "and if I didn't make this team, there's a reason behind it. I'm not upset or mad. It's a tough day."

Rangers forward Rick Nash, who has struggled this season, was chosen to represent Canada.

EVAN MACY
evan.macy@metro.us

Claude Giroux has 18 points in his last 12 games. / GETTY IMAGES

Courtside. Sixers D-League player, former college star forges new path

Professional sports substitutes as an escape for die-hard sports fans but one current professional basketball player is shedding light on what life is like for a professional athlete behind the scenes while providing his thoughts for current and future professional athletes on how to survive post-athletic career.

What started out as doodling project because he was frustrated, former Rutgers standout and current Delaware 87ers forward (of the NBDL) Gerald "J.R." Inman authored the book titled "When the Air Comes Out of the Ball," in 2012.

Inman, who came up with the title in college, says one of his former teammates found his book very insightful.

"One teammate that I played with in Kosovo," Inman said, "he's now doing basketball training. He told me that he uses my concepts all the time to tell his kids, so I had a couple of people from various different backgrounds and age demographics tell me how uplifting and encouraging it is."

Although, it took three years to write the book — Inman didn't envision himself becoming an author, but with some positive feedback he intends on writing a follow-up.

"I got a couple of concepts in mind," he said. "But I never dreamed growing up of becoming an actual author. It was something new for me, but now that it's out and I see the impact that it's having on the young kids' lives and people in general. I definitely want to take it to the next level and keep it up."

J.R. Inman is a key member of the 87ers. / GETTY IMAGES

While the theme of Inman's book is "to utilize your gifts as windows of opportunity," he wants to remain in the game of basketball after his playing career ends.

"I want to stay around," Inman said. "Whether that's in the managerial standpoint being in the front office or coaching my own team myself, just something that I've been blessed with the opportunity to work with kids, and have a good impact. Hopefully those endeavors will open up when I'm finished playing." SONNY PINKNEY

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Cunningham feels at home at Wells Fargo

NBA. The former Villanova standout recently returned to face the 76ers.

Big 5 players in the NBA

- **Dante Cunningham,** Villanova, T-Wolves
- **Dionte Christmas,** Temple, Suns
- **Lavoy Allen,** Temple, Sixers
- **Kyle Lowry,** Villanova, Raptors
- **Jameer Nelson,** St. Joesph's, Magic
- **Rasual Butler,** La Salle, Pacers
- **Jameer Nelson,** St. Joesph's, Magic
- **Randy Foye,** Villanova Nuggets

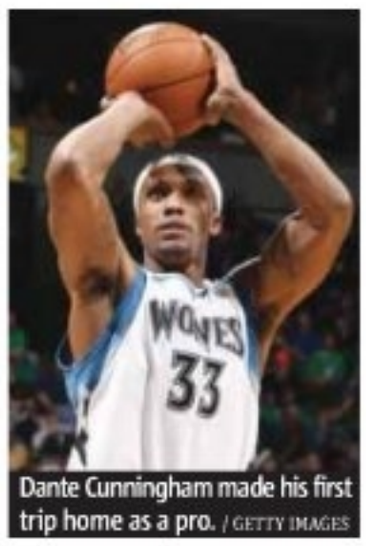
When kids ask Dante Cunningham what it takes to reach the NBA, the answer is always the same.

"Hard work. That's it because that's the answer," Cunningham said. "It's really not all that complicated. I wouldn't be here without hard work. They're not just words. It's the truth."

Cunningham, a former standout at Villanova, scored 10 points for the Minnesota Timberwolves in their blowout win Monday night against the 76ers. Cunningham had played for the Wildcats numerous times on the very same floor, so the surroundings were quite familiar.

"I have great memories of being in this building and also at The Pavilion," said Cunningham, who was part of Villanova's 2009 Final Four team. "I'm comfortable here, but I come in with the same mindset that I come in with anywhere I play. It's hard work. That started at Villanova and will always continue for me."

While Cunningham is focused solely on the 17-17 Timberwolves, he still keeps a very close eye on his alma mater.


Dante Cunningham made his first trip home as a pro. / GETTY IMAGES

Villanova is 13-1 and ranked eighth in the Associated Press poll.

"They've been one of the best stories in college basketball," Cunningham said. "The coaching staff deserves tons of credit and I know they're proud of that ranking. They won't stop working and I can't wait to see how the season plays out for them."

Cunningham improved every season he played at Villanova. He started as an unproven freshman and wound up as a solid senior, one of the team leaders and one of the most consistent players in the country.

Now in his fifth NBA season, Cunningham has followed the same path.

"It's the hard work you put in at shootaround, at practice, in the weight room, film room that goes a long way," said Cunningham, who was the 33rd overall pick by Portland in '09 and has gone on to play for the Trail Blazers, Memphis Grizzlies, Charlotte Bobcats and the Timberwolves. "This is a great fit for me here in Minnesota."

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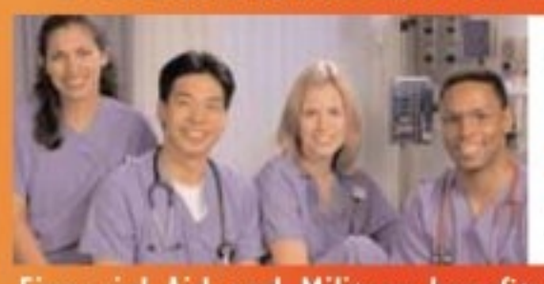

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Baseball Hall of Fame: Who deserves a spot?

The 2014 Hall of Fame class will be announced later today amid the usual controversy over steroid users.

MARK OSBORNE

It's that time of year when baseball fans have to drudge up talk of steroids again.

The 2014 Baseball Hall of Fame class will be announced Wednesday afternoon, and the list of deserving nominees — by the numbers — is getting longer and longer as players like Mark McGwire, Jeff Bagwell and Sammy Sosa get fewer and fewer votes.

But most of the highlight names among first-year eligibles in 2014 actually stood on the rubber during the steroid era, as opposed to facing it.

We also found room for some controversial names, as well.

Greg Maddux

Stats: 355-227, 3.16 ERA, four Cy Youngs

The winningest pitcher of his generation (one more than Roger Clemens) will be a first-ballot Hall of Famer and one of the highest vote getters ever — unless voters are feeling particularly angst-ridden.

Tom Glavine

Stats: 305-203, 3.54 ERA, two Cy Youngs

Maddux's longtime teammate is the fourth-winningest left-handed pitcher of all time and deserves to go into the Hall at the same time as the player he was a teammate with for 10 years.

Mike Piazza

Stats: .308 average, .377 OBP, 427 home runs, 2,127 hits, 12-time All Star

The greatest hitting catcher of all time deserved to get in last year. We all know Piazza's deficiencies behind the plate, but he more than made up for it in the batter's box.

Barry Bonds

Stats: .298 average, .444 OBP, 762 home runs, 2,935 hits, 1,996 RBIs, seven MVPs

It's time to name the greatest hitter any of us has seen to the Hall of Fame, where he deserves to be.

Frank Thomas

Stats: .301 average, .419 OBP, 521 home runs, two MVPs

The Big Hurt is probably one of only two power hitters of the era (along with Ken Griffey Jr.) to escape the steroid taint.

Mike Mussina

Stats: 270-153, 3.68 ERA, five-time All Star, seven Gold Gloves

So which will be more controversial, the steroid users not getting in the Hall of Fame or a 270-game winner getting in?

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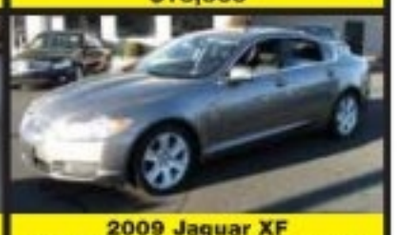
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